

## County and District Data from the 2012 Maine State Health Assessment

### Midcoast District

Updated 5/20/2013

Indicators from the "2010 Call to District Action"	Knox County	Lincoln County	Sagadahoc County	Waldo County	District Rate	Maine Rate	US Rate
<b>General health status</b>							
Fair or poor health - adults	15.1%	16.1%	12.7%	13.2%	14.3%	14.7%	14.9%
Average number of unhealthy days in the past month (physical health)	3.6	4.4	3.4	3.6	3.7	3.8	NA
Average number of unhealthy days in the past month (mental health)	3.3	3.7	3.8	4.9	3.9	3.7	NA
<b>Access</b>							
Proportion of persons with a usual primary care provider	89.8%	87.4%	93.1%	90.7%	90.2%	88.4%	NA
No dental care in past year	30.1%	25.8%	32.6%	33.1%	30.5%	32.4%	NA
<b>Physical Activity, Nutrition and Weight</b>							
Obesity - adults	28.7%	24.1%	23.8%	26.3%	25.8%	27.7%	27.5%
Obesity - high school students	20.1%	NA	18.4%	16.8%	18.1%	12.9%	NA
Overweight - high school students	16.2%	NA	14.0%	18.1%	15.8%	15.5%	NA
Sedentary lifestyle - adults	21.2%	22.8%	18.7%	25.7%	22.2%	22.5%	23.9%
<b>Cardiovascular Health</b>							
High blood pressure	35.8%	31.5%	27.5%	28.9%	31.1%	30.0%	28.7%
High cholesterol	41.8%	40.4%	37.4%	40.3%	40.0%	38.8%	37.5%
<b>Diabetes</b>							
Diabetes - adults	11.4%	8.4%	7.4%	10.0%	9.3%	8.7%	8.7%
Adults with diabetes who have had a A1c test 2x per yr	NA	NA	NA	NA	68.8	79.5%	NA
Diabetes hospitalizations per 100,000 population (principal diagnosis)	110.2	115.1	112.4	114.5	113.0	118.4	NA
<b>Respiratory</b>							
Current asthma - adults	10.6%	12.7%	7.5%	10.3%	10.3%	10.0%	9.1%
Current asthma - children and youth (ages 0-17)	7.3%	7.4%	7.8%	9.8%	8.0%	8.9%	NA
Bronchitis and Asthma ED visits per 100,000 population	768	840	902	949	864	1,105	NA
COPD hospitalizations per 100,000 population	172.9	175.4	183.4	176.3	176.6	198.3	NA
<b>Tobacco Use</b>							
Current smoking - high school students	24.1%	NA	17.3%	18.9%	18.9%	15.5%	NA
Current smoking - adults	14.5%	16.1%	13.5%	18.7%	15.8%	18.2%	17.2%
<b>Alcohol Use</b>							
Binge drinking - adults	12.8%	11.8%	14.9%	15.5%	13.8%	14.5%	15.1%
Current alcohol use - high school students	27.7%	NA	29.0%	32.7%	29.8%	28.0%	NA
<b>Infectious Disease</b>							
Influenza Vaccine Coverage - Ages 18 Years and Older	44.3%	48.5%	47.7%	44.7%	46.2%	47.1%	NA
Pneumococcal Vaccination Coverage - Ages 65 Years & Older	74.1%	73.1%	NA	63.7%	69.8%	71.8%	68.8%

For a number of reasons, several indicators from the "Call to Action" were not analyzed for the 2012 State Health Assessment, and therefore are not included in this update, including: adult asthma hospitalizations, bacterial pneumonia hospitalizations, congestive heart failure hospitalizations, hypertension hospitalizations, diabetes short and long term complication hospitalizations, uncontrolled diabetes hospitalizations, the rate of lower-extremity amputation among patients with diabetes, the percent of adults with greater than 14 days of frequent mental distress, and the number of visit to KeepME Well.org

<b>Demographics</b>							
Population	39,736	34,457	35,293	38,786	148,272	1,328,361	3.08 mil.
Population ages 0-17	7,710	6,468	7,422	8,147	29,747	274,533	0.74 mil.
Population ages 65-74	3,983	4,022	3,341	3,591	14,937	112,651	0.21 mil.
Population ages 75+	3,611	3,371	2,447	2,689	12,118	98,429	0.17 mil.
Population Density	108.8	75.6	139.1	53.1	82.2	43.1	87.4
Population - White, non-Hispanic	96.5%	97.0%	95.4%	96.6%	96.4%	94.4%	63.7%
Population - Hispanic	0.8%	0.8%	1.3%	0.9%	1.0%	1.3%	16.3%
Population - Two or more races	1.4%	1.1%	1.6%	1.4%	1.4%	1.6%	2.9%

Other Key Health Indicators from the 2012 Maine State Health Assessment	Knox County	Lincoln County	Sagadahoc County	Waldo County	District Rate	Maine Rate	US Rate
Life expectancy (years) (2007)	76.7/81.4	77.3/81.0	76.5/80.5	75.4/80.8	NA	78.7	78.6
<b>Oral Health</b>							
Adults who have lost 6 or more teeth to gum disease or tooth decay	17.4%	18.7%	17.7%	26.7%	20.3%	19.7%	NA
<b>Maternal and Child Health</b>							
Low Birth weight, <2500 grams per 100,000 births	5.1	7.4	5.5	7.7	6.4	6.4	8.2
Infant death per 100,000 births	5.4	3.6	4.7	6.9	5.3	6.1*	6.4*
Live births, for which the mother received early & adequate prenatal care	90.9%	89.7%	89.0%	84.9%	88.6%	85.4%	NA
Live birth rate per 1,000 females aged 15-19	31.9	21.9	22.8	32.2	27.5	24.9	34.2
<b>Injury</b>							
Suicide deaths per 100,000 population	17.1	14.5	9.7	14.9	14.1	12.6	11.8*
Violence by current or former intimate partners	NA	NA	NA	NA	1.0%	1.0%*	NA
Rape or attempted rape	7.5%	5.4%	6.3%	6.2%	6.4%	11.9%*	NA
Non-fatal child maltreatment per 1,000 population	6.7	6.2	5.1	5.6	5.9	11.9	9.2
Motor vehicle crash related deaths per 100,000 pop.	13.5	18.1	13.0	11.6	14.1	12.5	11.1*
Unintentional poisoning deaths per 100,000 population	16.6	10 <sup>#</sup>	8.3 <sup>#</sup>	8.5 <sup>#</sup>	10.9	11.4	11.8
Emergency department visits due to falls among older adults per 10,000 population	7,450	8,772	6,445	7,798	7,691	7,325	NA
TBI Hospitalizations per 10,000 population	96.3	81.3	68.1	72.6	80.7	82.3	NA
<b>Cancer</b>							
Sigmoid/colonoscopy (ever) for people age 50 & over	79.2%	78.2%	76.4%	69.2%	75.7%	74.2%	65.2%
Mammograms in past 2 years for women age 50 & over	85.8%	84.2%	82.2%	76.9%	82.2%	83.6%	77.9%
Pap smears in past three years for women age 18 & over	86.4%	85.9%	88.7%	81.4%	85.5%	85.0%	85.0%
Mortality - all cancers per 100,000 population	177.6	185.2	189.0	197.6	186.7	196.0	175.8*
Incidence - all cancers per 100,000 population	515.9	450.4	440.0	526.7	484.7	496.7	456.4*
<b>Mental Health</b>							
Co-morbidity for persons with mental illness	NA	NA	NA	NA	45.3	NA	NA
Lifetime depression	20.0%	20.4%	21.8%	22.4%	21.2%	21.1%*	NA
Lifetime anxiety	16.1%	12.1%	15.8%	22.0%	16.6%	17.3%*	NA
Alzheimer's disease, & related disorders, or senile dementia per 1,000 population (age-adjusted)	11.3	10.3	10.0	10.0	10.5	12.0	NA
<b>Environmental Health</b>							
Homes with elevated radon	11.2%	16.1%	10.9%	11.2%	12.6%	14.8%*	NA
Homes with private wells tested for arsenic	49.6%	27.7%	NA	45.0%	39.9%	NA	NA
Children with elevated blood lead levels per 10,000	1.5	1.2	1.1	0.9	1.2	1.0	0.6*
Carbon monoxide poisoning ED visits per 100,000	6.6	8.7	8.2	10.7	8.1	9.9	NA
<b>Infectious Disease</b>							
Chronic Hepatitis B per 100,000 population	7.6	5.8	2.8	7.7	6.1	7.9	NA
Lyme disease incidence per 100,000 population	259.4	154.9	133.5	64.5	154.2	75.7	7.9
Salmonellosis incidence per 100,000 population	22.7	11.7	2.8	25.8	16.2	10.1	17.6
Pertussis Incidence per 100,000 population	2.5	2.9	5.7	12.9	6.1	15.4	8.9
Gonorrhea incidence per 100,000 population	7.6	5.8	11.4	2.6	6.8	20.5	100.8
Chlamydia incidence per 100,000 population	186.4	131.5	318.1	126.7	188.7	232.9	426.0
HIV incidence per 100,000 population	2.5	0.0	2.8	0.0	1.4	4.1	19.7
<b>Additional Socio-Economic Status measures</b>							
People who speak English less than very well, >5 years	0.4%	0.4%	0.6%	0.3%	0.4%	1.7%	8.7%
Poverty - total under 100% of the Federal Poverty Level	12.5%	10.8%	8.8%	14.6%	11.8%	12.6%	13.8%
No current health insurance	13.1%	11.8%	8.2%	14.1%	11.9%	10.2%	15.0%
Unemployment	7.0%	7.1%	6.6%	8.4%	7.3%	7.5%	8.9%
HS graduation rate, 2011	85.6%	85.3%	91.4%	86.3%	87.1%	83.8%	NA
Persons 25 and older with less than a HS education	10.3%	7.6%	8.2%	10.0%	9.1%	10.2%	15.0%
Disability status	18.0%	16.4%	14.1%	17.8%	16.6%	15.7%	12.0%
Veterans Status	14.0%	15.6%	16.7%	14.5%	14.5%	13.2%	9.9%
65+ living alone	31.2%	27.6%	27.5%	29.8%	29.1%	29.8%	27.3%

<sup>#</sup> data may be unreliable due to small numbers

## District Data from the 2012 Maine State Health Assessment, Including Updates to the "2010 Call to District Action"

\*Some state and national data is only available by a single year, where as the county and public health district data is for several years aggregated.

NA = not available

Orange = significantly worse  
than Maine

Green = significantly better than  
Maine

Indicator	Data source	Year(s)	Other notes
General health status			
Fair or poor health - adults	BRFSS	2010	
Average number of unhealthy days in the past month (physical health)	BRFSS	2010	Some reports analyze this question by the percent of people with =>11 or =>14 unhealthy days
Average number of unhealthy days in the past month (mental health)	BRFSS	2010	
Access			
Proportion of persons with a usual primary care provider	BRFSS	2010	Self-reported (someone you think of as your personal doctor or health care provider)
No dental care in past year	BRFSS	2010	Includes any dental care, preventive or otherwise
Physical Activity, Nutrition and Weight			
Obesity - adults	BRFSS	2010	Self-reported, based on BMI
Obesity - high school students	MIYHS	2011	Self-reported, based on BMI. Lincoln county results are not reported because weighted data are not available due to low response rate
Overweight - high school students	MIYHS	2011	Self-reported, based on BMI. Lincoln county results are not reported because weighted data are not available due to low response rate
Sedentary lifestyle - adults	BRFSS	2010	No leisure-time physical activity
Cardiovascular Health			
High blood pressure	BRFSS	2009	
High cholesterol	BRFSS	2009	
Diabetes			
Diabetes - adults	BRFSS	2010	
Adults with diabetes who have had a A1c test 2x per	BRFSS	2008-2010	3 years of data aggregated
Diabetes hospitalizations per 100,000 population (principal diagnosis)	MHDO	2007-2009	3 years of data aggregated
Respiratory			
Current asthma - adults	BRFSS	2010	
Current asthma - children and youth (ages 0-17)	BRFSS	2006-2010	
Bronchitis and Asthma ED visits per 100,000 population	MHDO	2009	
COPD (Chronic Obstructive Pulmonary Disease) hospitalizations per 100,000 population	MHDO	2007-2009	3 years of data aggregated
Tobacco Use			
Smoking - high school students	MIYHS	2011	
Current smoking - adults	BRFSS	2010	

<b>Alcohol Use</b>			
Binge drinking - adults	BRFSS	2010	
Alcohol use - high school students	MIYHS	2011	
<b>Infectious Disease</b>			
Influenza Vaccine Coverage - Ages 18 Years and Older	BRFSS	2010	In the last 12 months
Pneumococcal Vaccination Coverage - Ages 65 Years & Older	BRFSS	2010	Ever

<b>Demographics</b>		
Population	US Census	2010
Population ages 0-17	US Census	2010
Population ages 65-74	US Census	2010
Population ages 75+	US Census	2010
Population Density (people per square mile of land)	US Census	2010
Population - White, non-Hispanic	US Census	2010
Population - Hispanic	US Census	2010
Population - Two or more races	US Census	2010

#### **Other Key Health Indicators from the 2012 Maine State Health Assessment**

Life expectancy in years (M/F, for 2007)	Kaiser Family Foundation	2007	Only sex-specific data is available for county and public health districts
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#### **Oral Health**

Tooth loss to gum disease or tooth decay (6 or more) - adults	BRFSS	2010	
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#### **Maternal and Child Health**

Low Birth weight, <2500 grams per 100,000 births	Maine DRVS	2008-2010	3 years of data aggregated
Infant death per 100,000 births	Maine DRVS	2000-2009	10 years of data aggregated
Live births, for which the mother received early & adequate prenatal care	Maine DRVS	2008-2010	3 years of data aggregated - Kotelchuck scale (adequate and adequate plus scores)
Teen birth rate per 1,000 females aged 15-19	Maine DRVS	2006-2010	5 years of data aggregated

#### **Injury**

Suicide deaths per 100,000 population	Maine DRVS		5 years of data aggregated
Violence by current or former intimate partners	BRFSS	2007, 2008, 2010	3 years of data aggregated
Rape or attempted rape	BRFSS	2006, 2009	2 years of data aggregated
Non-fatal child maltreatment per 1,000 population	US DHHS ACF,ACYF, Children's Bureau	2010	Maine DHHS provides information to US DHHS
Motor vehicle crash related deaths per 100,000 population	Maine DRVS	2005-2009	5 years of data aggregated
Unintentional poisoning deaths per 100,000 population	Maine DRVS	2005-2009	5 years of data aggregated
Emergency department visits due to falls among older adults per 100,000 population	MHDO	2009	
TBI (Traumatic Brain Injury) Hospitalizations per 100,000 population	MHDO	2007-2009	3 years of data aggregated

#### **Cancer**

Sigmoid/colonoscopy (ever) - people age 50 & over	BRFSS	2010	
Mammograms in past two years - women age 50 & over	BRFSS	2010	
Pap smears in past three years - women age 18 & over	BRFSS	2010	
Mortality - all cancers per 100,000 population	Maine Cancer Registry	2004-2008	5 years of data aggregated
Incidence - all cancers per 100,000 population	Maine Cancer Registry	2007-2009	3 years of data aggregated

Mental Health			
Co-morbidity for persons with mental illness	BRFSS	2009	People who report ever being diagnosed with depression or anxiety AND have diabetes, asthma or hypertension; County data suppressed due to small numbers
Lifetime depression - adults	BRFSS	2010	
Lifetime anxiety - adults	BRFSS	2010	
Alzheimer's disease, dementia & related disorders per 1,000 population	Maine All Payer Claims Database (MHDO)	2006	Medicare data is not available for more recent years
Environmental Health			
Homes with elevated radon	BRFSS	2006,2009 & 2010	3 years of data aggregated
Homes with private wells tested for arsenic	BRFSS	2009	County data suppressed due to small numbers
Children with elevated blood lead levels per 10,000 population	Maine Lead Poisoning Prevention Program	2006-2010	5 years of data aggregated
Carbon monoxide poisoning ED visits per 100,000 population	MHDO	2005-2009	5 years of data aggregated
Infectious Disease			
Chronic Hepatitis B per 100,000 population	Maine CDC HIV/STD/Viral Hepatitis Program	2011	
Lyme disease incidence per 100,000 population	Maine CDC Infectious Disease Epidemiology Program	2011	
Salmonellosis incidence per 100,000 population	Maine CDC Infectious Disease Epidemiology Program	2011	
Pertussis Incidence per 100,000 population	Maine CDC Infectious Disease Epidemiology Program	2011	
Gonorrhea incidence per 100,000 population	Maine CDC Infectious Disease Epidemiology Program	2011	
Chlamydia incidence per 100,000 population	Maine CDC HIV/STD/Viral Hepatitis Program	2011	
HIV incidence per 100,000 population	Maine CDC HIV/STD/Viral Hepatitis Program	2011	

Additional Socio-Economic Status measures		
People who speak English less than very well, >5 years	US Census	2006-2010
Poverty - total under 100% of the Federal Poverty Level	US Census	2006-2010
No current health insurance	US Census	2008-2010
Unemployment	US BLS	2010
HS graduation rate, 2011	Maine DOE	2011
Persons 25 and older with less than a HS education	US Census	2006-2010
Disability status	US Census	2008-2010
Veterans Status	US Census	2006-2010
65+ living alone	US Census	2010

BRFSS = Behavioral Risk Factor Surveillance System

Maine DOE = Maine Department of Education

Maine DRVS = Maine CDC Data Research and Vital Statistics (birth and death records)

MHDO = Maine Health Data Organization (inpatient and outpatient hospital records)

MIYHS = Maine integrated Youth Health Survey

US BLS = United States Bureau of Labor Statistics

US Census = United States Census, some data is from the American Community Survey, other data is drawn from American Fact Finder

US DHHS ACF,ACYF = US Department of health and Human Services, Administration for Children and Families, Administration for Children Youth and Families